Kev Siv Teeb Tsom Tshuaj Xyuas Hnyuv Laus Uas Yog Siv Miralax thiab Kev Npaj Gatorade (Txoj Kev Npaj Tus Qauv Zoo)

Lub Sij Hawm Npaj Ua Ntej Kev Siv Teeb Tsom Tshuaj Xyuas Hnyuv Laus

Kos rau hauv cov npov ☐ thaum koj ua mus nces qib!

21 HnubUa Ntej los sis Sai Li Sai Tau: *Yuav cov khoom rau Txoj Kev Npaj Tus Qauv Zoo**

***Peb qhia komyuav Qhov Cuab Yeej Kev Npaj los ntawm MNGI Digestive Health. Koj tuaj yeem xaj kees tus khauj QR los sis mus saib https://www.mngi.com/colonoscopy-prep-kits**

Gatorade tsis muaj nyob hauv qhov cuab yeej kev npaj thiab yuav tsum tau muab sib cai yuav.

Los yog... cov khoom ntiag tug tuaj yeem yuav tau ntawm koj lub tsev muag tshuaj hauv zos:

- ☐ Ob (2) ntsiav tshuaj Bisacodyl 5mg
- ☐ Ib (1) lub taub tshuaj hmoov Polyethylene Glycol (PEG) 3350 loj 8.3 oz (MiraLAX los sis hom tshuaj sib npaug)
- ☐ Thiab 64 oz Gatorade/Powerade loss is lwm yam dej haus electrolyte uas tau txais kev tso cai. (**TSIS MUAJ** xim liab)
- ☐ Ob (2) lub ntsiav tshuaj Simethicone 125mg, los sis peb (3) ntsiav tshuaj Simethicone 80mg; tuaj yeem yog hom noj tau, zom tau, los sis softgel.
- ☐ Ib (1) lub taub tshuaj Magnesium Citrate 10oz (**TSIS** muaj xim liab) los sis tshuaj hmoov 16-18g Magnesium Citrate

Kev Hloov Tshuaj: Yog siv cov tshuaj **GLP-1 agonists** (Ozempic, Weygovy, Trulicity, Rybelsus, los sis lwm yam) lossis **SGLT-2 inhibitors** (Invokana, Farxiga, Jardiance, Steglatro) ua raws li cov cai tuav tshuaj. https://www.mngi.com/colonoscopy-info

7 HnubUa Ntej:

- ☐ **TSIS TXHOB** noj cov tshuaj muaj fiber thiab hlau ntxiv.
- ☐ Yog koj muaj mob ntshav qab zib, hu rau koj tus kws muab kev pab saib xyuas txhawm rau kom tau txais kev qhia ntxiv txog kev tswj qhov tshuaj insulin thiab/los yog ntshav qab zib.

3 HnubUa Ntej:

- ☐ Pib noj zaub mov uas muaj thaj fiber tsawg (10-15g/hnub). **TSIS TXHOB** noj cov noob txiv, noob txiv ntoo, popcorn, pob kws, nplej tag nrho, quinoa, txiv hmab txiv ntoo tshiab, zaub nyoo, thiab lwm yam ntxiv.

Yog xav paub ntxiv txog kev noj zaub mov uas muaj thaj fiber tsawg, thov mus saib www.mngi.com/conditions/low-fiber-diet



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2 HnubUa Ntej:

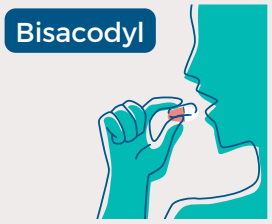
- ☐ Haus dej kom txaus.
- ☐ **TSIS TXHOB** noj zaub mov qhuav thaum **11:45PM**
- ☐ **PIB** noj zaub mov uas muaj kua ntshiab si (tsuas yog kua uas koj tuaj yeem ntsia pom tau - tsis txhob haus liab).

Yog xav paub cov ntsiab lus meej tseeb ntxiv txog kev noj zaub mov uas muaj kua ntshiab si, thov mus saib https://www.mngi.com/conditions/clear-liquid-diet

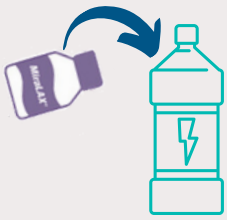
1 Hnub Ua Ntej:

- ☐ **TSIS PUB NOJ MOV QHUAV** - **TXHUA HNUB.** Tsuas Yog Kua Ntshiab nkaus **XWB**
- ☐ **TSIS MUAJ** mis nyuj (xws li kas fes creamer), cawv, roj, los sis pulp
- ☐ Thaum **12PM**, noj ob (2) ntsiav tshuaj Bisacodyl.
- ☐ Thaum **4-6PM,** haus MiraLAX-Gatorade sib xyaw (~ib khob 8oz txhua 15 feeb).
  - ☐ Sib tov 1 taub mis MiraLAX nrog kua dej 64oz (yam tsawg kawg 56 oz ntawm tej dej haus electrolyte yuav tsum siv los sib tov nrog MiraLAX).
    - Muaj peev xwm ntxiv dej txog 8oz dej kom tau 64oz uas yus xav tau.
- ☐ Thaum haus cov kua sib tov MiraLAX nrog khob dej Gatorade zaum kawg, ces noj qhov tshuaj 250mg.

12PM



Thaum 4-6PM



Cov Khob Dej Sib Tov MiraLAX Kawg Nkaus



Tsuas noj tej khoom ua kua huv si nkaus XWB

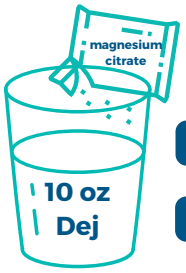
Hnub Ua Hauj Lwm (txua ntxiv rau nplooj tom ntej):

- ☐ **4 TEEV UA NTEJ: Haus magnesium citrate.** Txawm tias yog koj cov quav zoo li huv, **TSIS TXHOB** hla kauj ruam no. Magnesium Citrate yog qhov tseem ceeb rau kev tshem tawm ib txheej quav khub ntxiv tawm thiab yog qhov tseem ceeb rau kev npaj uas zoo.

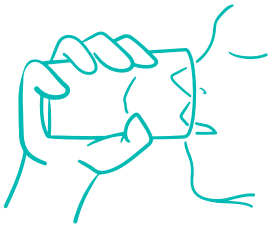


Lub taub raj mis KUA 10oz Magnesium Citrate

LOS YOG



16 - 18 g Magnesium Pob Citrate UA HMOOV yaj hauv dej li 10oz



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Hnub Ua Hauj Lwm *(Txuas Ntxiv)*

- **TSIS NOJ KHOOM NOJ KHOOM HAUS TAWV**. Tsuas yog kua ntshiab nkaus **XWB**
- **TSIS MUAJ:** mis nyuj (xws li kas fes creamer), cawv, roj, los sis pulp
- **TSIS TXHOB SIV:** Haus luam yeeb, THC, marijuana, los sis tshuaj txhaum cai.
- **TSIS TXHOB NOJ:** Txhuayam tshuaj vitamins los sis tshuaj ntxiv uas tuaj yeem zom tau.
- Noj koj cov tshuaj thaum sawv ntxov uas haus dej **yam tsawg kawg 3 teev ua ntej** koj txoj kev kho.
    - Qhov no suav nrog tshuaj plawv thiab tshuaj zoo ntshav siab, tshuaj ua kom ntshav yaj (yog tias peb lub chaw ua hauj lwm tsis tau qhia koj kom tso tseg kev noj), methadone, thiab tshuaj tiv thaiv kev qaug dab peg.

3 Teev Ua Ntej:

- **TSO TSEG** haus txhua cov kua. **TSIS TXHOB NOJ LOS NTAWM QHOV NCAUJ** kom txog thaum tom qab txoj hnyuv laus.
- Ua kom ntseeg siab tias cov quav yog ntshiab si/daj/xim kas fes **XWB** ua ntej koj mus ntsib. Yog tsis paub tseeb, tiv tauj rau peb lub chaw hauj lwm ntawm 612-871-1145.

COv Ntaub Ntawv Qhia Ntxiv:

- **Cov lus qhia ntxuav plab hnyuv laus:** haus dej kom txaus, nyob ze chav dej, thiab haus tshuaj npaj txhua 15 feeb txuas ntxiv. Koj kuj yuav tau khaws cov kua no cia rau qhov chaw txias, tab sis tsis txhob ntxiv dej khov rau. Koj kuj tseem tuaj yeem xav siv ib lub raj nqus mis los kuj tau.
- **Cov Kev Hloov Kev Teem Caij:** Yog tias koj muaj cov tsos mob ntawm tus mob ua daus no los sis mob khaub thuas (xws li kub taub hau, hnoos, ua pa nyuaj) hauv 14 hnub tom qab koj teem sij hawm, thov hu rov teem sij hawm. Yog koj muaj ib qho mob tshiab twg uas tau kuaj pom (xws li mob qhov zis, teeb meem txog lub plawv, los sis teeb meem kev ua pa), thov hu rau peb lub chaw ua hauj lwm. Yog koj xav tso tseg los sis rov teem rau lwm yam laj thawj, hu rau 612-871-1145 yam tsawg kawg 72 teev ua ntej koj lub sij hawm teem caij.
- **Kev Yuav Tsum Muaj Tus Neeg Lav Ris:** Nco ntsoov xyuas kom paub tias muaj ib tus neeg nrog koj thaum nkag mus rau npe, tawm hauv tsev kho mob, thiab caij tsheb thauj mus los.
- **Kuv yuav paub li cas tias kuv npaj txhij?** Thaum koj ua tiav koj txoj kev npaj lawm, koj yuav tsum tsis muaj quav tawv ntxiv lawm—cov quav yuav tsum yog kua ntshiab si, ua kua daj, los sis xim zoo li tshuaj yej. Koj yuav tsum ntsia pom tau mus txog hauv qab lub qhov tso quav. Yog tias koj tsis paub meej tias koj txoj hnyuv laus puas tau ntxuav tag, thov hu rau peb lub chaw hauj lwm ntawm 612-871-1145 ua ntej koj mus ntsib kws kho mob.
- **Puas muaj lus nug?** Rau cov lus teb rau cov lus nug uas nquag nug txog koj txoj kev npaj kev siv teeb tsom tshuaj xyuas hnyuv laus thiab kev mus xyuas, koj tuaj yeem mus rau https://www.mngi.com/colonoscopy-faqs

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